

HARMONY

KOLKATA SANVED | APRIL 2022 TO MARCH 2023







CONTENTS

02 About Kolkata Sanved 04 Director's Note 07 Our Programmes
08 Highlights of the Year 10 Stories of Change 14 Kolkata Sanved ongoing
programmes 38 Administration and Finance 45 Financial section.

ABOUT KOLKATA SANVED

Founded in 2004, Kolkata Sanved (KS) is a women-led organization and pioneer in the field of dance movement therapy (DMT) for promoting holistic well-being and enhancement of quality of life.

Founded in 2004, Kolkata Sanved (KS) is a women-led organization and pioneer in the field of dance movement therapy (DMT) for promoting holistic well-being and enhancement of quality of life. KS has carved a niche for itself in the field of gender equality, mental health and well-being using DMT. KS works for empowerment of

marginalized individuals, including children, adolescents' girls, youth & women through DMT and other creative arts. KS has created the culturally contextualized approach to DMT, coined model Sampoonnata (meaning "fulfilment") and focuses on holistic well-being including all aspects of an individual: physical, emotional, mental, spiritual and social. Sampoonnata works for psychosocial rehabilitation of survivors of violence & marginalization, prevention of violence & promotion of mental health. KS's model has focused on empowering individuals by bringing about a "change within".

across South Asia. Along with this, the establishment of an academic programme in collaboration with Tata Institute of Social Sciences, Mumbai has grounded the process in academia, leading to respect and acceptance both at practice and at academic levels. To date, Kolkata Sanved has served over 65,000+ members of marginalized communities and connected with more than 200,000+ citizens.

Kolkata Sanved works to contribute to four Sustainable Development Goals (SDGs):



SDG 3

Good Health and Well-being



SDG 4

Quality Education



SDG 5

Gender Equality



SDG 17

Partnerships for the Goals

In the course of its work, KS has become increasingly aware of the effect of social systems on the attainment of well-being. As a result, through DMT and other creative arts, KS works to strengthen the interconnectedness between self-care and collective care as well as personal well-being and social well-being. The hallmark of Sampoonnata is to create DMT practitioners, leaders and change-makers from grassroots. 60% of KS core employee is from marginalized communities. KS leadership includes primary constituents, representatives on the Board & Senior Leadership Team.

Since 2004, KS has broken new ground by taking its work to various non-profits, marginalized communities, mainstream schools, NGO & GO run care institutions, mental hospitals etc., by collaborating with 60+ organizations and government departments



KS's Vision is to form a healthy, violence-free, gender-equal, creative society of empowered individuals. Our Mission is to enhance gender equality and improve mental health and well-being of marginalized individuals and communities by building an ecosystem for Dance Movement Therapy for social development. We strive to create DMT practitioners, leaders and change-makers in the

field, especially from vulnerable communities.

Our Tool for Change: Dance Movement Therapy (DMT)

Dance Movement Therapy (DMT) is a therapeutic approach based on dance and movement that focuses on individual change. Those who use or have used DMT report that it has assisted them in discovering a sense of purpose

beyond mundane activities; it has assisted them in becoming more confident, articulate, and expressive. It is a comprehensive approach that cultivates inner peace, self-confidence, physical freedom, mental freedom, and creativity in individuals. Dance Movement Therapy (DMT) is used by Kolkata Sarved to heal and empower marginalized populations, particularly survivors of gender-based violence.



DIRECTOR'S NOTE



**"The highest education is that which does not merely give us information but makes our life in harmony with all existence."
– Rabindranath Tagore**

Dear Friends and Supporters,

The year 2022 marked an important milestone in Kolkata Sanved's journey - our 18th year. This phase represents adulthood for our organization, symbolizing not just the passage of time but a deeper maturation of our mission and the impact we strive to create. This year, our journey began slowly, as we collectively navigated the lingering effects of the pandemic. We recognize the struggles, challenges, and profound loss that people experienced, and our hearts go out to those who are still on the path to recovery. In the midst of these challenges, we also mourn the departure of our dedicated and beloved employee, Prosenjit Chatterjee, whose contributions will forever be cherished in our hearts.

In the face of these difficulties, many of our programs faced delays, but our commitment remained unwavering. We persevered, adapting to the changing landscape, and embraced new opportunities that emerged. The critical importance of mental health became increasingly evident, and Kolkata Sanved's unique group model, harnessing the power of creative and non-verbal methods, provided a safe, non-judgmental space for

individuals seeking support and self-expression.

One of the year's most memorable moments was the return of our in-person performance on our foundation day, after a gap of two long years. It was a heartwarming reunion, a testament to our resilience, and a reaffirmation of the human spirit's indomitable will.

Another significant achievement was taking our summit to a global level, with participants joining from 8 countries and 11 states. This international collaboration strengthened our resolve to make a positive impact on an even broader scale.

I would like to highlight our key achievements in the past year. We directly reached 1,861 individuals through our interventions, initiated programs in five new states, indirectly impacted 10,000 lives, and connected with over 30,000 individuals through various activities. Our global network of 46 collaborative partners has been an essential part of our journey, enriching our efforts and broadening our impact.

We are profoundly grateful for the unwavering support of our

participants, community, donors, and well-wishers. You have been our pillars of strength, guiding us through moments of crisis, celebrating our successes, and teaching us valuable lessons through our failures. We extend our heartfelt gratitude to each one of you.

I would like to express my deep appreciation to the Kolkata Sanved board members, our dedicated team, and everyone who has committed their time, effort, and passion to realizing our vision and mission. Your resilience, patience, and unwavering commitment have been the driving force behind our achievements.

In the words of Helen Keller, "Alone we can do so little; together, we can do so much." The world becomes a more beautiful place when we move forward together, and I look forward to the year ahead with optimism, knowing that, with your support, we can continue to make a difference in the lives of those we serve.

Thank you for being with us and believing in us.

Dr. Sohini Chakraborty
Founder Director, Kolkata Sanved



"Alone we can do so little; together, we can do so much."





REMEMBERING

Prosenjit Chatterjee

With profound grief and sadness we regret to announce the shocking departure of our staff member Prosenjit Chatterjee, who left for his heavenly abode on the auspicious day of Bengali New Year on 15th April 2022. He was a valued member of our team since 2020 and nothing can compare to the pain of losing such a bright, generous and kind person as him.

Needless to say KS Staff are in a state of shock and sadness. His presence will be missed by many. Our deepest condolences to his family and friends as we remember him. May his family have the strength to bear the unbearable loss.

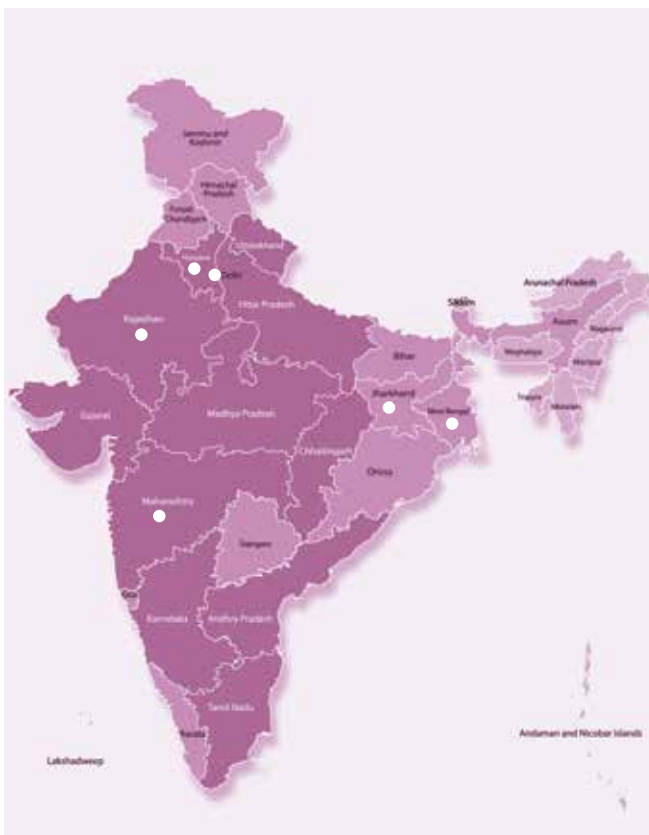
Please keep him and his family in your prayers and thoughts as they go through this difficult time. May his soul rest in peace.

- Kolkata Sanved

OUR PROGRAMMES

Intervention Areas	Psychosocial Rehabilitation of survivors of marginalization and violence	Prevention of violence and poor mental health	Promotion of well-being
Strategic Goals	Enable individuals on a journey of well-being and recovery in their lives	Amplifying the voices of practitioners and trainers working on well-being and recovery	Building new constituencies for DMT as a holistic tool
Key Projects	<ul style="list-style-type: none"> • Trauma Recovery project • Psychosocial support for Healing and well-being • Emergency Response 	<ul style="list-style-type: none"> • Dance Movement Therapy Leadership Development • Training of Trainers 	<ul style="list-style-type: none"> • Sampoonnata Well-being Club • Sexual and Reproductive Health and Rights • Empowerment program
			<ul style="list-style-type: none"> • Post Graduate Diploma in DMT • Biennial Summit on DMT • Campaigns • Integration of DMT into social work processes • DMT well-being workshops

Overarching focus: Evidence Generation, Organizational Strengthening



HIGHLIGHTS OF THE YEAR 2022 – 2023



In the fiscal year 2022-2023, Kolkata Sanved embarked on a transformative journey, making significant strides in our mission to empower individuals and communities through the medium of Dance Movement Therapy.

Touching & Impacting Lives

- Direct Engagement with 1861 Individuals: Through our regular interventions and programs, we reached out directly to 1,861 individuals, providing them with a platform for self-expression, heal from trauma, personal growth, and empowerment.
- Indirect Impact on 10,000 Lives: Our work transcends direct participation, as it indirectly influenced and touched the lives of over 10,000 individuals, fostering positive change within their communities.
- Connecting with Over 30,000 Individuals: Kolkata Sanved engaged with over 30,000 individuals through various means, including one-day workshops, conferences, seminars, performances, family orientations, stakeholder meetings, and virtual platforms. These interactions allowed us to create a strong community of support, sharing our mission and empowering even more individuals.

Expansion Across 5 New States:

In a bold move to expand our reach, along with West Bengal, Maharastra we initiated programs in five new states within India - Jharkhand, Odissa, Delhi, Rajasthan, and Meghalaya. This geographical diversification allows us to spread our message of hope and empowerment to new corners of the nation.

National and Global Collaboration with 46 Partners:

Our national and global network of partners grew to 46, reflecting our commitment to collaboration, shared goals, and global solidarity. These partnerships enable us to tap into diverse resources and expertise to further our cause.

Global 4th Biennial DMT for Change Summit

Kolkata Sanved was able to reach out directly to 181 participants from 8 countries and 11 states in India through its 4th Biennial Summit on DMT for Change at Jaipur, Rajasthan while advocating the need for DMT and CAT intervention to respond effectively to health and wellbeing challenges in crisis situations

FEAL - Festival of Empowerment and Art for Life for paving new pathways to wellbeing

Kolkata Sanved successfully reached out to a larger section of the general masses through FEAL, spreading awareness on how art can inspire and empower individuals and communities through using arts to build pathways for enhancing their own mental and emotional wellbeing.

Successful completion of Research

Successful completion of research by Kolkata Sanved and West Bengal Commission for Protection of Child Rights on assessing the mental health status of the resident children at 19 government care institutions in West Bengal.

Individual Recognitions

Sreeja Debnath, an experienced DMT practitioner and a board member of Kolkata Sanved, received recognition during the International Women's Day event held at Haldia Government College on 8th March 2023.

Amongst 20 coaches worldwide, Ms.NamrataKanuga was invited as the "Master Coach" by the Empowerment Institute within the Empowerment program.

Invitations & Collaborations

Kolkata Sanved was able to enter into new collaborative ventures on invitation from De-Montfort University - UK, Road to Recovery program with NIMHANS to focus more on work related to health & wellbeing in Global south and North.

Creators of Peace (COP) program

From 17th to 20th February 2023, the team members of Kolkata Sanved participated in the 'Creators of Peace' circle at the Asia Plateau, Initiatives of Change (IOC) in Panchgani. During this period, the team members underwent a profound journey of collective healing, where they immersed themselves in the profound influences of silence and self-reflection.

18th Foundation Day Celebration

With great happiness and a sense of accomplishment, Kolkata Sanved marked its 18th Anniversary at Padatik Little Theatre on April 29th 2022. On this occasion, Kolkata Sanved extends its warm thanks and appreciation to all its partners, stakeholders and dedicated team members for their contribution that have led to this milestone.

STORIES OF CHANGE





"I can see a new me after 2 years of participating in the Dance Movement Therapy process, I can fully express what I feel, I feel so confident now" - Riya

Riya (name changed), a 19-year-old girl hailing from a rural village in Bolpur, West Bengal, had led a life of extreme introversion. Her shyness and lack of self-confidence had caused her to drop out of school, leaving her to help her mother with agricultural activities. Riya's sleeping and eating habits were irregular, and she relied on others for her daily activities. Her life seemed aimless and dependent on her family.

One fateful day, with the assistance of a local NGO, Riya enrolled in a "Dance Movement Therapy Leadership Development Academy" course that spanned two years. Gradually, as she participated in the therapy sessions, Riya felt the positive changes taking root in her life. Her eating and sleeping patterns improved, and she started expressing her emotions. Within a year, her eagerness to continue her education blossomed, leading her to reenroll in school.

Upon completing the two-year program, Riya discovered a new and empowered self within her. Recognizing the tremendous change and confidence in Riya, the local NGO offered her a job. Today, she reaches out to the young girls within her community, motivating them to set goals in life and become independent. Her parents and the entire community take immense pride in her accomplishments and see her as a true inspiration.



"Samima's Journey: From Overcoming Challenges to Becoming a Future Leader"

In the remote village of Balarampur in the Murshidabad District, a remarkable transformation has been taking place. It's the story of a young girl named Samima (name changed), who, despite facing daunting circumstances, has not only overcome adversity but has also emerged as a beacon of hope in her community.

Samima's early life was marred by poverty and marginalization, which forced her to shoulder responsibilities at a tender age. Balancing household chores and aiding her mother in their daily work, Samima's education and personal development were significantly affected. What's more, she had been under immense family pressure to get married since she was just 12 years old. At one point, she even came perilously close to dropping out of school. Her situation was further compounded by a toxic relationship that was taking a toll on her mental well-being.

However, the turning point in Samima's life came when she joined the Trauma Recovery Batch 3 sessions. Initially reserved and introverted, she struggled to express herself. The dedicated practitioners worked intensively with her to help build her body-mind coordination and encourage her to speak freely. As the module progressed, a remarkable transformation occurred. Samima began to envision a brighter future for herself and started speaking up for her aspirations within her family.

This year, at the age of 16, Samima defied all odds and successfully passed her Class 10 board exams with flying colors. The tireless efforts put into conducting home visits to raise awareness about Dance Movement Therapy (DMT) sessions and the importance of education have undeniably made a positive impact.

Samima's progress and achievements serve as an inspiration

to all. Not only was she chosen for the Training of Trainers (TOT) sessions, but she excelled in her internship, scoring over 70% across all indicators. What's more, she has been selected for the Dance Movement Therapy Leadership Development (DMTLD) program, a testament to her incredible potential as a future leader in her community.

The DMTLD program will undoubtedly play a crucial role in honing Samima's leadership skills, enhancing her ability to create positive change, and empowering her to contribute significantly to her community's development. Her journey from adversity to triumph is a shining example of resilience, determination, and the boundless potential that lies within each one of us. As Samima herself says, "With determination and support, we can break free from the chains of our circumstances and create a brighter future."



"Dance Movement Therapy" has changed my life from darkness to light" - Rubela

A young girl named Rubela (name changed) living in shelter home of West Bengal, hailing from an poor background, her life took a tragic turn when her cousin, uncle, and aunt promised to provide her with a better life but instead sold her for their gain. The exploitation, torture, and violence she endured at such a tender age left her traumatized and emotionally scarred.

When Dance Movement Therapy (DMT) practitioners began their sessions with Rubela, they couldn't help but notice the physical evidence of her suffering—cigarette burns and scars marked her fragile body. In the early days of therapy, Rubela remained closed off, trapped in her own world of pain and fear.

Conversations with the home's superintendent revealed that she struggled to eat and sleep, constantly living in the shadow of an unknown dread. Her hands shook with anxiety during group activities.

For the first two to three months, Rubela merely observed others as they engaged in the therapeutic movements, always choosing a corner to hide in. Gradually, with the patient and compassionate guidance of the DMT practitioners, she started participating in the movements and even began to open up to her peers.

A breakthrough came during a storytelling session, where a DMT practitioner shared a tale of adolescent girls facing adversity. It was during this session that Rubela, for the first time, let her emotions pour out. She cried and screamed,

uttering the words, "That is my story too." The DMT practitioners provided comfort and support, helping her through the pain she had bottled up for so long.

Over the course of a year, remarkable positive changes began to manifest in Rubela. She became a regular attendee of the DMT classes, and her eating and sleeping patterns significantly improved. Now, she actively participates in both group and individual activities, and after each session, she willingly shares her thoughts and feedback with the other participants.

Now Rubela is reintegrated to her family and community. Her journey serves as a powerful testament to the healing potential of therapy and human resilience.





"Where there's a will, there's a way" - Salima

The saying truly reflects the story of a young woman named Salima Khatun (name changed), who, at 19 years old, struggled with self-doubt and fear of expressing herself. She enrolled in Dance Movement Therapy classes as part of the Sampoonata Wellbeing Program, a journey that transformed her life.

Salima was selected as one of the 120 participants in the Sampoonata Well-being Club Phase-I program. She came from a modest background, with a mother who was a homemaker and a father running a shoe shop. She had four brothers and three sisters and was pursuing a degree in B.A English Honours with dreams of becoming a teacher.

In the initial days of the Dance Movement Therapy sessions, Salima was extremely nervous, often stuttering when asked to give

presentations or lead discussions. Speaking in front of her peers and taking charge of sessions seemed like an overwhelming challenge. Her lack of confidence was evident in her communication, voice, expressions, and body language.

However, Salima's strong willpower led her to confront her fears head-on. She took small steps to address her hesitations and gradually began to acknowledge and work on her fears. When delivering sessions, she still felt nervous and occasionally lost her flow. Salima sought guidance and support from professional Dance Movement Therapy practitioners. She realized that to become an effective leader, she needed to overcome her fears and acquire necessary skills.

With the encouragement, strategies, and training provided by these professionals, Salima embarked on

a journey of personal growth and transformation. She improved her public speaking and communication skills, becoming more confident over time.

As time went by, Salima's transformation became evident. She conducted her sessions with confidence, clarity, and passion. Her nervousness had evolved into excitement and determination. Not only did she deliver content effectively, but she also inspired her peers with her newfound confidence. Salima is deeply grateful to Dance Movement Therapy for helping her become a new, confident person.

Today, Salima is a leader within the Sampoonata Well-being Club Phase I, and her journey serves as an inspiration to many young women in her community.



"Raju's Inspiring Journey of Self-Discovery through Dance Movement Therapy"

Raju, a young adolescent from Faridabad, embarked on a remarkable transformation during his participation in Dance Movement Therapy (DMT) sessions. At the outset, Raju displayed disinterest and a sense of being lost and unfocused, only joining the sessions for the sake of his peers. He rarely engaged in group activities and seldom shared his thoughts, often appearing irregular and uninterested. It was evident that he was merely following the crowd, attending sessions because of his friends. He used to remain silent and never expressed

what he likes or dislikes.

However, as time passed and Raju continued his journey with DMT for more than four months, a significant shift occurred. He began to show a growing interest in the therapy sessions, actively participating and even taking on leadership roles within the group. Raju went a step further by sharing his thoughts, feelings, and preferences openly – something he had found difficult previously.

The most remarkable change was his newfound enthusiasm for the

DMT sessions. He not only enjoyed them immensely but also developed a strong mind-body connection, enhancing his overall well-being. Raju's active involvement and the leadership role he played in the sessions.

Raju's story is a testament to the power of self-discovery and personal growth, illustrating how a seemingly disinterested and reserved adolescent can evolve into a confident and engaged individual through the healing and transformative power of Dance Movement Therapy

KOLKATA SANVED'S ON-GOING PROGRAMS

I. Psycho-social Interventions



Healing and Well-being

Program in brief: The healing and well-being program assists individuals both children and adults, who have lack of access to psychosocial support. These people are grappling with issues like self-doubt, low self-esteem, limited confidence, and heightened distress. The program employs

Dance Movement Therapy (DMT) to aid them in addressing trauma, grief, or mental health challenges. The primary goal is to provide a platform for individuals to release suppressed emotions, foster a stronger mind-body connection, and cultivate awareness of sensations. This, in turn, helps them develop coping

mechanisms for managing anger and stress, gradually embarking on a path of healing and well-being. The program involves children, boys and girls, from Child Care Institutions and After Care Centres and adults from Red-light community.

Reach of the program

Program	Target Profile	States & Districts covered	Population reached
Healing & Well-being	Children (boys and girls) from child care institutions and after care centres & adults from red-light community	West Bengal - Nadia, Malda Maharashtra - Thane, Jalgaon Jharkhand - Jonha	358

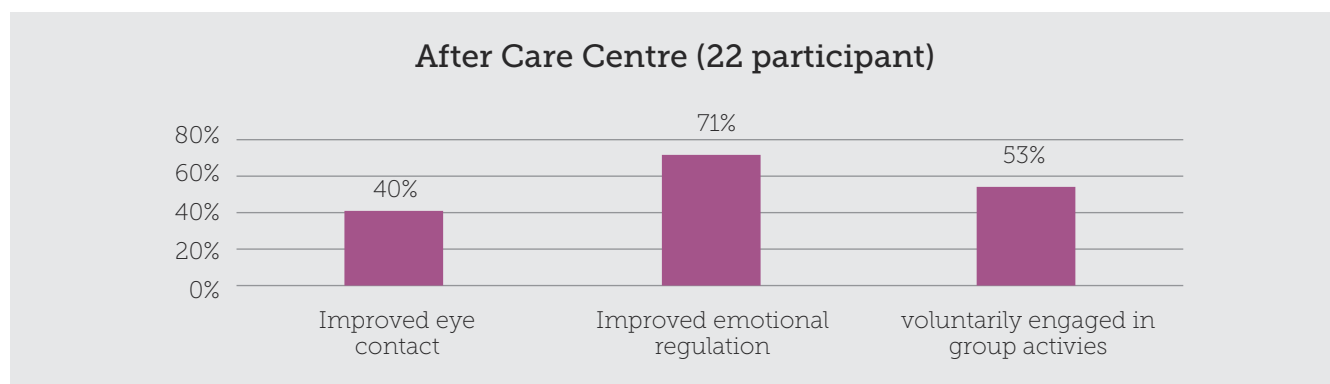
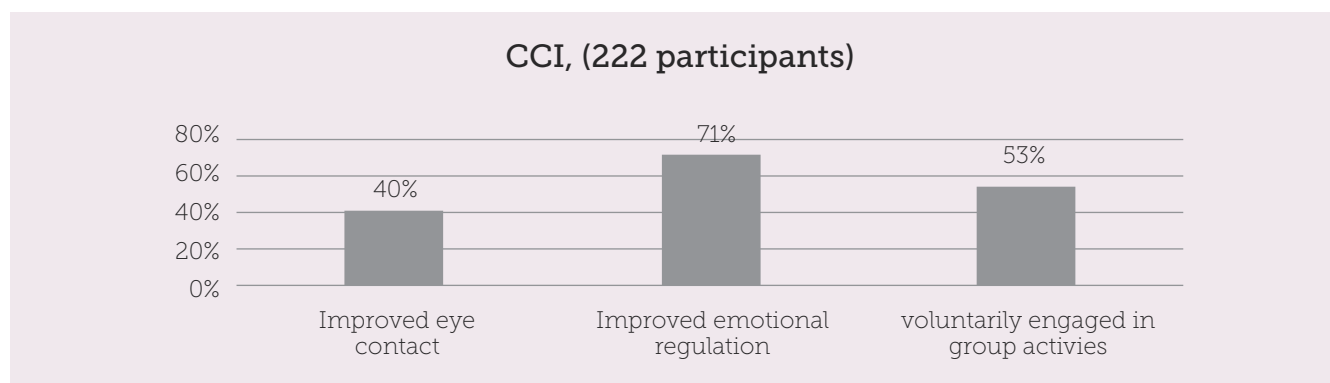
Impact of the program



"The Dance Movement Therapy sessions have helped the girls in releasing stress and they are also able to focus better on vocational training and literary classes."

– Shared by a care provider from a CCI

Although the program has varied impacts on different individuals, yet taking a holistic perspective, a strong peer connection has been formed, leading to increased energy level and a profound ability to openly communicate their suppressed emotions.



Participants who attend sessions and integrate DMT into their daily lives have provided the following feedback regarding their experiences:

- "I liked doing the flowy movements. It made me feel calm"
- "During the sessions I forget all about our problems"
- "I feel free, and relaxed"
- "It is the first time I have attended any session where I can share my inner emotion without any fear. In the beginning of the session, I was really tense and hesitant but now I am feeling free after the relaxation activity"

The staff of the CCI also shared some positive changes they have noticed among the girls:

"The Dance Movement Therapy sessions have helped the girls in releasing stress and they are also able to focus better on vocational training and literary classes"

Dance Movement Therapy for Trauma Recovery



Program in brief: The Trauma Recovery curriculum is implemented for Trauma Recovery of women and girls who have been survivors of trafficking and other Gender Based Violence, especially sexual violence. In this sphere,

Kolkata Sanved has majorly worked with individuals who are socially and economically marginalised and create a holistic approach for healing recovery of the participants and also help them become change makers through the process

1. Creating sensation of self
2. Awareness building about self
3. Creating emotional balance through emotional regulation
4. Re-Integration of the survivors by building self-resilience and healing from trauma



Reach of the Program

Program	Target profile	States & Districts covered	Population reached
Trauma Recovery	Survivors of trafficking & gender-based violence	West Bengal – Kolkata, Murshidabad, Nadia Maharashtra – Thane, Jalgaon	264 children & youth under Trauma Recovery and 12 under Training of Trainers through 107 DMT sessions 55 care-givers

The program runs at 1 Child Care Institution and 1 training centre in Maharashtra and 1 Child Care Institution and 2 community centres of West Bengal. In this year, total 107 DMT sessions have been

completed with the participants. A total of 8 certificate ceremonies were hosted for the participants who have successfully completed minimum 30% the Dance Movement Therapy sessions. In which 12 participants

have graduated and emerged as Therapeutic Movement Practitioner and 264 participants graduated in trauma recovery.

Impact of the program

Remarkable positive impact has been found among the survivors over the period. They have built higher self-confidence, self-esteem, motivation among them. And in learning these skills they gradually were able to overcome their hesitation, self-harm tendency. It also helped in enhancing co-creative space.

The caregivers have undergone positive changes in both their personal and professional lives. They have experienced personal growth and increased happiness. This has led to their acceptance and openness towards the survivors. Additionally, they have become better equipped to provide care and support to the survivors.

Dance Movement Therapy Leadership Development Academy (DMTLDA)



Program in brief: In order to ensure the long-term sustainability and effectiveness of the program, it focuses on cultivating community leaders through skill enhancement and capacity building. The program leverages Dance Movement Therapy (DMT) as a pivotal tool in nurturing leadership qualities. Participants undergo a curriculum

spanning various subjects, such as the history of dance, strategies for healing and managing stress, comprehending trauma and its healing journey. These subjects are delivered across three semesters over a span of 18 months, which also includes practical internships under supervision. Throughout the journey, participants are consistently

inspired to gain confidence and empowerment. After completion of the entire program, the participants emerge as "Therapeutic Movement Practitioner and starts implementing Dance Movement Therapy in their personal life as well as for health and wellbeing of their community.

Reach of the Program

Program	Target profile	States & Districts covered	Population reached
Dance Movement Therapy Leadership Development Academy (DMTLDA)	Youth from marginalised communities who aspire to become therapeutic practitioners & community leaders	West Bengal - Howrah, Birbhum Maharashtra - Thane	15

- In December 2022, a residential workshop spanning over 10 days was successfully completed with 15 participants
- A noteworthy achievement unfolded as 15 students completed their training, leading to a felicitation ceremony in their honour
- The program's expansion and continuity were prioritized through a comprehensive scoping visit aimed at assessing necessary resources.
- Facilitating the transition to the professional sphere, placement interviews were conducted for all 15 participating students

Impact of the program

- Participants are now well aware about their strengths; they have started understanding their suppressed emotions and their emotion regulation skills got enhanced. Their confidence has surged, prompting them to reconsider their life paths
- Among the 15 students, 7 are gainfully employed in diverse fields, securing their livelihoods
- 3 students have embarked on further educational pursuits, while 1 student is actively pursuing skill enhancement training

Graduation Ceremony of DMTLDA

- 15 students graduated under the DMTLDA program after completion of their 18-month course. The graduation ceremony was held on March 25th, 2023. The prestigious event took place at the Princeton Club in Kolkata. The chief guest for the occasion was Ms. Tanushree Shankar, a renowned Indian dancer and choreographer. The highlight of the ceremony was a mesmerizing dance performance by the graduating students, beautifully portraying their transformative journey of empowerment.

II. Preventive Interventions



Sampoornata Well-being Club

Program In brief: The Sampoornata Well-being Club is a program that aims to build such resilient communities that are aware and take community based

collaborative efforts against the prevention of trafficking and gender-based violence with special emphasis on adolescent girls. The program is being implemented

at the Mandirbazar block in 24 Parganas (South) district of West Bengal. To address all the root causes of the problem, the program works with each layer of the community.

Reach of the Program

Program	Target profile	States & Districts covered	Population reached
Sampoornata Well-being Club	Adolescent girls vulnerable to risks of trafficking and gender-based violence	West Bengal – 24 Parganas (South)	120 through 72 DMT sessions



- The 111 adolescent girls from Primary well-being club members who have successfully completed Dance movement Therapy sessions in a span of 18 months felicitated through certificate ceremony
- Out 111 adolescent girls, 20 girls were selected for the advance level DMT training to build their leadership skills
- These 20 leaders successfully completed 40 advance capacity building sessions and awarded in the presence of 500 community

members. These girls are now known as Primary well-being club leaders

- The Block level stakeholders and community authority members have developed a Collaborative Network called 'Safety Net' to provide support to adolescent girls and to develop project sustainability plan

Impact of the Program

- 240 parents of 120 adolescent girls have now become sensitized about gender-based violence issues

and have taken initiative to engage themselves in awareness generating program

- Primary well-being club leaders are now participating in the meetings of Collaborative Network and voicing their opinions
- Adolescent leaders and Collaborative Network members have formed 2 Secondary Well-being Clubs consisting of 30 adolescent girls from the larger community



Sexual and Reproductive Health & Rights (SRHR)

Program In brief: The Sexual and Reproductive Health & Rights program works with adolescent girls who come from remote villages and

urban communities. These girls have limited or no information about safe menstrual hygiene practices, sexual health, safe & unsafe circle and they

are hesitant to discuss these topics in their community.

"I cannot climb a tree because I am a girl. I climbed a tree once when I was 5 years old. The old ladies in my village, including my grandmother, scolded me saying girls do not climb trees. That's when I knew I am a girl and that there are certain things girls cannot do."

– Participant from DMT-based SRHR session

The program creates a safe space where these adolescent girls can learn about the hygienic practices during menstruation, orientation on

sexual organs, process of safe sex, gender, gender identities. Dance Movement Therapy is used as a way to learn and understand these

important topics. The sessions are taken in workshop mode.

Reach of the program

Program	Target profile	States & Districts covered	Population reached
Sexual and Reproductive Health & Rights (SRHR)	Adolescent girls from marginalized background living in remote communities	West Bengal - Kolkata, 24 Parganas (South)	55 adolescent girls through 12 days of workshop and 34 DMT sessions

Impact of the Program

- Adolescent girls were introduced to body awareness using DMT, promoting sensitivity to their own bodies

- They gained insights into differentiating between sex and gender, and received guidance on cultivating secure relationships

- Moreover, they developed the ability to differentiate between factual information and myths



Empowerment

Program in brief: Empowerment workshops are an integral component of a collaborative initiative with the Empowerment Institute, USA. These workshops, spanning over four days, are designed to provide tools to vulnerable women by encouraging them to dream and visualize their future, equipping them with the means to bring those aspirations

to life and emerge as a leader in their own means. The workshops facilitate comprehension of seven essential dimensions in one's life: emotions, relationships, sexuality, body, money, work, and spirituality.

The workshop has 2 major objectives:

1. Create women leaders within community

2. Create leaders within the organisation

This leadership program includes 3 levels of workshops – 3 observation workshops, 1 learn workshops and 3 practice workshops. The programme is called Empowerment Imagine Certification Programme (ICP).

Reach of the program

Program	Target profile	States & Districts covered	Population reached Workshops completed by participants
Empowerment	Women and youth girls from the marginalized community who are vulnerable to being oppressed	West Bengal –Kolkata, 24 Parganas South	106 through 10 DMT based workshops

Note: 18 training sessions completed by Empowerment Coach from Kolkata Sanved

Impact of the program

Online Graduation program was held on 17th May 2023 where Kolkata Sanved's team members JhulanMondal and SandhyaKarmakar were felicitated as Mentor and Apprentice respectively.

Out of 20 other coaches Globally, NamrataKanuga was invited to work as Master Coach along with one more member from Kenya, which was announced during the certification programme.

The community-level observation

workshop yielded distinct individual impacts. Some participants expressed the realization of individual choice. Several adolescent girls who had previously dropped out expressed a desire to reinstate their studies and enrolled in schools.



III. Promotion of Well-being

Kolkata Sanved's PAN India initiative for Dance Movement Therapy (DMT)

Program in brief: The program employs a multi-dimensional approach to Dance Movement Therapy (DMT). On one hand, it supports individuals in overcoming from the crisis situation through Healing and Well-being, while on the other hand, it nurtures leaders through Training of Trainers (TOT) who emerge as a Therapeutic Movement Practitioners and implement Dance Movement Therapy in their communities by contributing to similar efforts.

Currently the program is being implemented in Maharashtra, Delhi, Haryana, Rajasthan and U.P

Reach of the program

The program has a diverse reach. It works with adolescent boys and girls to young social workers, teachers, field officers, community leaders. As the program caters to various states and various population, the model is very much culturally contextual, flexible in nature and easily replicable and customised

based on the need & population.

Healing and Well-being

The program's Healing and Wellbeing component strives to empower individuals through a cohesive sequence of monthly workshops. These workshops are designed to create sensations, body mind connection, manage emotions stimulations, and movements. Additionally, participants are motivated to nurture their creativity and cultivate a diverse set of life skills.

Program Reach

Program	Target profile	States & Districts covered	Population reached
Healing & Wellbeing	Children (boys & girls) who are in need of physical and mental wellbeing in care institutions and drop-in centres	Haryana	36 adolescent boys and girls through 3 DMT workshops



I made a flower pot because I feel that the flower pot is like this group. I made a lot of flowers keeping in mind all the participants. And the pot is all the facilitators. You are that's why we are. These sessions have helped me open up. I used to feel scared in speaking up previously but now I don't. I can say anything."

- Sharing by a participant after the 5 days' workshop

■ Increased participation level by around 74.3% of the participants at the end of the workshop

■ Around 85% of participants were eager to work in groups

■ Around 90% of participants' communication skills have improved

The children have come a long way since the first session. Their movements have become open and big. There are less restrictions and inhibitions in their movement. Boys are putting more effort in the sessions but they enjoy other art-based activities more. It's great to see that the girls enjoy movements and use all levels.

- Observation of a DMT practitioner

Impact of the program

Online Graduation program was held on 17th May 2023 where Kolkata Sanved's team members JhulanMondal and SandhyaKarmakar were felicitated as Mentor and Apprentice respectively.

Out of 20 other coaches Globally, NamrataKanuga was invited to work as Master Coach along with one more member from Kenya, which was announced during the certification programme.

The community-level observation

workshop yielded distinct individual impacts. Some participants expressed the realization of individual choice. Several adolescent girls who had previously dropped out expressed a desire to reinstate their studies and enrolled in schools.



Training of Trainers (TOT)

The Training of Trainer (TOT) model is inspired by "Sampoornata" model which is a community focused intervention for mental health and well-being, specially making it accessible for the all communities. The program creates a pool of young Therapeutic Movement Practitioners (TMP) who way forwards their

learning to their community and engages them to better mental health and well-being.

The participants are taken through a series of process:

- Need assessment for better understanding about the working areas

- 10 - 12 days DMT based residential workshops (Phase wise)
- Community based internships with supervision (phase wise)
- Assessment
- Lastly honouring the participants as Therapeutic Movement Practitioner

Program Reach

Program	Target profile	States & Districts covered	Population reached
Training of Trainers (TOT)	Youth from marginalised communities who aspire to become therapeutic practitioners & community leaders	Maharashtra, Rajasthan, Delhi	380 directly & 191 indirectly through 12 DMT based residential workshops

Impact of TOT

"DMT has given me hope and confidence that we can use this tool to understand our community's need better and help them overcome their troubles"

- Social worker from TOT program

- As mentioned earlier 380 community members were reached through the TOT program

- The participants shared that their confidence level have increased while working in communities,

reducing their hesitation level

Virtual Certification Ceremony of 39 participants belonging from different states of India

On 30th January 2023, Kolkata Sanved had successfully organised a virtual certificate ceremony to felicitate 39 DMT practitioners who have completed 5 days' workshop and 2 sets of supervised internships consecutively. These

participants belong from 3 different states (Maharashtra, Delhi and Rajasthan).

On completion of their internships, these social workers will now emerge as "Therapeutic Movement Practitioner" able to apply Dance Movement Therapy in their personal well-being and well-being of the community and engage 300 young people in rural and

urban communities. The entire program team from Kolkata Sanved, participated in the ceremony.

The chief guest of the certificate ceremony, Dr. Sabiha Vasi, Faculty & Program Convenor, Dance Movement Therapy, Centre for Lifelong Learning, School of Social Work, Tata Institute of Social Science, Mumbai shared -

"This was wonderful joining you all and seeing first hand your journey with DMT trainings. Wishing you a great future in this field and lots of healing through you. Thank you so much for the invite, Sohini. I'm so glad that I got a little more understanding of the incredible work you are doing."

Academic teachings

The Kolkata Sanved Sampoomata model is being taught in various academic institutions as part of their

curriculum. These include Arizona University where it is being taught as part of their Global Women's Study program; a 21 hours curriculum at Sancheti Academy as part of their

PG Diploma programme and 30 hours curriculum at Nirmala Niketan School of Social work as part of their Masters programme in Social Work.





Post Graduate Diploma in Dance Movement Therapy (PGDDMT)

Kolkata Sanved, in collaboration with the Centre for Lifelong Learning (CLL), School of Social Work (SSW), and Tata Institute of Social Sciences Mumbai is successfully conducting its post-graduate Diploma program in Dance Movement Therapy. The program has attracted individuals

with diverse academic backgrounds, including psychology, NGOs, dance and finance. A total of 54 students have enrolled, with 14 attending sessions in Kolkata and 40 in Mumbai. The hybrid sessions began in August 2022, providing a mix of in-person and online learning. Over

the course of one year, students are exposed to both theoretical and practical aspects of DMT. Upon completing their assignments, they will be honoured at a conferment ceremony.

Program Reach

Program	Target profile	States & Districts covered	Population reached
Post Graduate Diploma in Dance Movement Therapy (PGDDMT)	General population	West Bengal – Kolkata Maharashtra - Mumbai	54



Conferment Ceremony

The conferment ceremony for the students of the 2021 - 2022 batch of the Diploma in Dance Movement Therapy took place on November 5th 2022. The event was conducted in the main campus of Tata Institute of Social Sciences, Mumbai. A total of 6 students from Kolkata and 21 students from Mumbai graduated. Kolkata Sanved and the Centre for Lifelong Learning (CLL), School of Social Work (SSW) at Tata Institute of Social Sciences (TISS) extended their congratulations to all the students

for their upcoming endeavours.

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Fourth Biennial Global Summit on Dance Movement Therapy for Change



History - Kolkata Sanved has been practicing Dance Movement Therapy (DMT) for the last 18 years across South Asia, as a holistic healing and well-being method. This has been practiced with different populations, including survivors of sexual violence, abuse, exploitation, people living with mental illness and other marginalized persons. From 2016, Kolkata Sanved and Centre for Lifelong Learning (CLL), TISS Mumbai have been conducting the Biennial DMT for Change Summit in order to bring together multiple stakeholders - such as DMT and Creative Art Therapy (CAT) practitioners, professionals from the

fields of public health, mental health, education and social development, civil society organizations, government officials, academicians and donor organisations - in order to explore the scope and work towards expansion of DMT and CAT practice in India.

Introduction - The Fourth Biennial DMT for Change Summit focused on the role of DMT and CAT in navigating a world in crisis. Kolkata Sanved (KS) and Centre for Lifelong Learning (CLL), School of Social Work at Tata Institute of Social Sciences (TISS), Mumbai, jointly organized the 4th DMT for Change

Summit titled "Addressing a World in Crisis: Enhancing Resilience Through Dance Movement Therapy (DMT) and Creative Art Therapy (CAT)." This summit took place at TOSS (The Open Space Society) in Jaipur on the 12th & 13th of January 2023.

Objective

The specific objectives of the Summit were as follows:

- To expand knowledge about the scope of DMT and CAT as a tool for building resilience in effectively coping
- with contemporary challenges



of health and wellbeing in crisis situations

- To discuss and share successes and challenges of having used DMT and CAT as a crisis intervention strategy
- To strengthen capacity to respond effectively to health and wellbeing challenges in crisis situations, using DMT and CAT intervention

Participant's profile - A total of 181 people attended the Summit. The participant's profile included DMT practitioners, CAT and art-based practitioners, artists, social activists, social workers, survivor-leaders,

women workers (domestic & sex workers), youth leaders, students, representatives from civil society organizations, academicians, donors and UN representatives.

Geographies covered – The Summit was attended globally, having participants from the national & international level. At the international level, participants came from 8 countries namely, India, Cambodia, Indonesia, Nepal, Thailand, United Arab Emirates (UAE), United Kingdom (UK) and United States of America (USA).

From India itself, representatives from 11 states were present namely,

Delhi, Goa, Haryana, Karnataka, Madhya Pradesh, Maharashtra, Meghalaya, Odisha, Rajasthan, Tamil nadu and West Bengal.

Why the Summit?

Since 2020, the COVID-19 pandemic has had significant effects on public health and well-being of individuals and communities. This pandemic continues to be a threat to health globally, even after two years of its being declared as a public health emergency of international concern by the World Health Organization (WHO)¹. Across the world, 51 percent of people experienced worsened mental health since COVID-19

pandemic began: this was even higher in India, with 62% of people experiencing high levels of mental distress.

DMT and CAT can serve as powerful means to enable the development of individual and collective resilience during the aftermath of COVID - 19. The use of such methodologies is especially significant in the global context as a 2019 WHO report has found evidence that the arts contribute to the promotion of good health, the prevention of a range of mental and physical health conditions, as well as the treatment or management of acute and chronic conditions arising across the life-course.

Brief about panels held

The Summit activity comprised of 5 panel discussions and experiential workshops on DMT, movement, music, visual art & installations, story-telling and theatre. The focus of discussion at the panels are as follows:

- **Panel 1:** Addressing a World in Crisis - Building Resilience through DMT and CAT
- **Panel 2:** Connecting with Nature - Climate Change and the Role of DMT and CAT
- **Panel 3:** Public Health - Navigating the Pandemic and the New Normal
- **Panel 4:** Conflict and Social Cohesion
- **Panel 5:** Generating Resources for Resilience - Building the Funding Ecosystem for DMT and CAT

Recommendations for Action

DMT and CAT can be used as tools for resistance and there is a need to move from individual-based self-care to collective care.

- DMT and CAT need to become more inclusive by being mindful about integrating multiple languages

(including sign languages) and multiple types of movement in order to cater to people with different disabilities. These fields also need to utilize vocabulary that moves beyond a gender binary.

- DMT and CAT practitioners and organizations based on these methodologies can collaborate and form a network, which includes multiple stakeholders including: practitioners, CSOs, government officials, academicians, corporates, and professionals in the fields of health, education and social development.
- DMT and EAT can be integrated into existing programmes in sectors other than mental health (eg. livelihoods, physical health and education).

- In order to increase funding for DMT and CAT, donors need to practice trust-based philanthropy. Existing donors of these programmes can serve as leaders to promote DMT and CAT to other funding bodies.

- Documentation of the process and impacts of DMT and CAT are essential.

Impact of Summit

The COVID-19 pandemic and extreme weather events has made us conscious that we are facing a global crisis. The current situation has laid bare the issues like rampant social inequality, marginalization of various communities (including people with mental illness, people with disabilities, elderly people, queer people, adivasis and many others) and an extreme disconnect from nature (which is seen as a resource for use rather than consisting of fellow beings).

We are now able to see these crises because recent events are affecting people who have the power to shape dominant narratives, rather

than just historically marginalized communities (who have been constantly living in crisis). We need to re-imagine resilience as resistance, so that we can come together and bring social change. We can see the current crisis as an opportunity to bring changes in the oppressive systems that caused this crisis in the first place.

DMT and Expressive Arts Therapy (EAT) are powerful methodologies to address the current situation, for the following reasons:

- They work to bring inner change in mind-sets, enabling individuals to reflect on themselves, unlearn oppressive norms and attitudes and bring changes in behaviours towards social justice.

- They recognize individuals as creative beings and give them the space for self-expression, rather than defining them by their limitations or excluding them.

- These methodologies are more democratic than traditional mental health services as they take the lived experiences of individuals into account. Therefore, they can be used to train health workers in empathy and sensitivity.

- As these methods can be implemented by community-based social workers with lived experience of a context, they can be accessible to communities in remote areas.

- The arts bring people together and create a sense of community, thereby changing the narratives of division and conflict which are present in today's world. This allows us to move from self-care to collective care.

- Group-based sessions enable individuals to come together, acknowledge their collective problems and resist the systems that oppress them.

Participant's feedback – to quote a few participants



It was a fantastic range of speakers and workshops - perhaps we could explore expanding the conversation on inclusivity and add more range, including persons with different disabilities.



There was a lovely warm ambience and it was so participatory! It was a refreshing change. I particularly loved the attention to detail via the instruments and lovely lunch. It speaks of art and aesthetics!



Thank you for such an interactive, mindful and soulful session. I have never felt this present in the present moment through a session before.

Festival of Empowerment and Art for Life (FEAL 2022)

Festival for Empowerment and Art for Life (FEAL) is an arts-based mental health and well-being festival launched collaboratively by Kolkata Sanved and the British Council in 2020 August during the global crisis, the COVID-19 pandemic.

In these sombre times, Kolkata Sanved wanted to explore how various art forms (dance, movement, music, sound, visual arts, poetry, theatre, storytelling, photography) can create a positive environment, facilitate a joyful, playful experience, and add meaning to life. And in the process how art can inspire and empower individuals and communities through using arts to build pathways for enhancing their own mental and emotional wellbeing.

The 2030 Sustainable Development Goals outlined

by the United Nations on 2015 recognized good health & well-being (SDG Goal 3) as a fundamental component of overall wellness and an essential metric of social development. Moreover, these goals indicate the necessity of non-traditional, multidisciplinary approaches toward the achievement of emotional wellness, including use of the arts in human development.

The objective of the festival was to create awareness about the value of art forms in improving the quality of life – for both individuals and communities by reaching a broad, cross-national audience. Further, it also aimed at building skills on how to apply what has been learned about art as a tool for self-discovery to establish a personal practice in creativity as wellbeing.

On November 23rd 2022, Kolkata Sanved in collaboration with Arthshila organised this arts-based

wellbeing festival at Arthshila Shantiniketan. The festival took place for 3 hours in-person with live streaming in social media. The theme of the festival was "FEAL YOUR LIGHT".

Kolkata Sanved was able to reach out to 100 individuals in-person and many more through social media. The audience comprised of adolescents, youth & adults from marginalised community, art students, artists, teachers, therapists & mental health professionals, academicians, creative practitioners, social workers, non-profits and members from civil society. The festival included panel discussion and self exploration through creative movement, dance, live music, story-telling and art installation. This festival brought together information, resources, creative opportunities, art forms integrated to enhance well-being in togetherness during that time of uncertainty.

Invitations & Collaborations

■ Kolkata Sanved was invited by De-Montfort University – UK to participate in symposium as part of UK-India collaborative Research Exchange program from 12th – 16th March 2023. Dr. Sohini Chakraborty, Founder Director – Kolkata Sanved, presented Kolkata Sanved work to a small cohort of 35 people across India. The participants comprised of scholars, academicians, DMT

practitioners of the University, researchers, non-profits believing in innovation and investing on research, donors, medicine and other health professionals. The 4 days symposium focused on creating a long lasting contextually relevant meaningful impact on health & well-being of the Global South and North. The presentation of KS work led to opening up opportunities for Kolkata Sanved future ventures with NIMHANS and

De-Montfort University.

■ Dr.Sohini Chakraborty was also invited as the Chairperson for the "Road to Recovery (R2R)" program, organized by the Psychiatric Rehabilitation Services (PRS) of NIMHANS, aimed at wellbeing practices for caregivers of individuals with mental illness. The program was held on July 22nd , 2022 focussing on the theme "Dance for Wellbeing."

Events / Campaigns & Awareness



International Women's Day Celebrations

On March 9th 2023, Kolkata Sanved marked the occasion of International Working Women's Day by hosting a celebration at the Veedol 100 Hall located within the Tolly Club premises. Over 50 attendees were present in the event. A special session on Dance Movement Therapy (DMT) was organized, solely focused on delivering impactful de-stressing techniques to the participants.

Sreeja Debnath, an experienced DMT practitioner and a board member of Kolkata Sanved, received recognition during the International Women's Day event held at Haldia Government College on 8th March 2023. She shared her personal

voyage of utilizing Dance Movement Therapy (DMT) for healing and empowerment which ultimately led her to a position of leadership and catalysing change.

Catalysing Change Week (CCW)

Kolkata Sanved actively participated in the Catalysing Change Week (CCW) on 11th May 2022. The theme for CCW2022, "Let's Re-Energise the SDGs," revolved around the key concepts of Amplify, Accelerate and Action. In a panel discussion, Dr.SohiniChakraborty, Dr.SabihaVasi, Ashley Fargnoli, and JhulanMondal came together to elucidate the "Role and Relevance of Dance Movement Therapy (DMT) in Promoting Mental Health and Wellbeing," with a distinct focus on empowerment and psycho-social rehabilitation.

Violence against Women (VAW) campaign

On December 9th 2022, Kolkata Sanved organised a campaign in Murshidabad around ending violence against women and girls. The campaign prominently showcased the healing and empowering capabilities of DMT in the context of women and girls. It emphasized how DMT can aid them in healing and transforming them as empowered individuals who are capable of standing up against gender-based violence.

World Day against Trafficking in Person campaign

Kolkata Sanved with Sundarban Social Development Centre (SSDC) raised campaign to combat against



the incidence of Trafficking in persons on 30th July, 2022. They purpose of the campaign is to aware people in building a trafficking resilient community and support the victims for their rehabilitation. Various stakeholders from the community, govt. officials, adolescents and young leaders from the community participated in the campaign.

In collaboration with the American Centre and Sakti Vahini, Kolkata Sanved organized an Anti-Tip Conclave on May 20th 2022. During this event, 15 Dance Movement Therapy (DMT) practitioners presented performances that depicted the journey towards empowerment, freedom and liberation from violence

Kolkata Sanved played a pivotal role in facilitating the opening ceremony of a two-day conclave focused on combating cyber-enabled human trafficking, which took place on July 28th 2022. The event witnessed the participation of esteemed activists from across South Asia, as well as the presence of Nobel laureate Shree KailashSatyarthi and U.S. Consul General Melinda Pavek. During this conclave, all the dignitaries present pledged their commitment to collaboratively combat human trafficking

Wellbeing Summit, Bilbao

Dr. Sohini Chakraborty, the Founder Director, invited the Well Being Summit in Bilbao, Spain as one of the delegates from 31st May - 3rd June 2022. The purpose of the

summit was to support the well-being of everyone and make positive changes in society. 1000 global leaders across 60 countries came together and took pledged to take action towards spreading collective wellbeing and commit to social change.

Sharod Adda

Continuing with the tradition every year, the team members once again celebrated the onset of Durga Puja with boundless joy on September 30th 2022. What made this year even more special was the participation of children of the staff members in the program. The day was thoroughly enjoyed by the staff, filled with music, dance and sheer happiness. distinct focus on empowerment and psycho-social rehabilitation.



IV. ORGANIZATIONAL STRENGTHENING

Evidence Generation

Kolkata Sanved and WBCPCR Collaboration: Assessing the Mental Health Status of Resident Children in West Bengal's Government Care Institutions

Kolkata Sanved has achieved a significant milestone with the successful conclusion of its three-year research program titled "Home Away - To Assess the Mental Health Status of the Resident Children of Government-run Child Care Institutions (CCIs) in West Bengal." Despite facing numerous challenges, including the impact of the global pandemic in 2020, the organization's unwavering

dedication led to the successful completion of this comprehensive study. It involved 297 children and 58 staff members from 19 government care institutions across West Bengal. The research findings, which illuminate the mental health status of children in these institutions, have been submitted to the West Bengal Commission for the Protection of Child Rights. This milestone underscores the organization's belief in the power of collective efforts to bring about positive change in society. This report represents not only a testament to our work but also a significant contribution to the broader dialogue on child welfare

and mental health in institutional care.

Research on Scope of DMT in An Urban Setting: A study in Mumbai and Kolkata :

Kolkata Sanved, in collaboration with Centre for Lifelong Learning, School of Social Work at Tata Institute of Social Sciences, Mumbai is engaged in a research study, 'Scope of DMT in An Urban Setting : A study in Mumbai and Kolkata'. The focus of this study is divided into two crucial phases: Phase 1 - Curriculum Review and Phase 2 - Exploration of the Scope for Practice. This research initiative aims to enrich the curriculum and enhance the

practice of Dance Movement Therapy (DMT) in urban settings. Currently, we are in the final stages of completing the data collection for Phase 1, and is diligently progressing towards the critical analysis of this valuable information. This study represents a significant step towards advancing the field of DMT and furthering our commitment to creating positive and impactful changes in urban communities..

Digital Archive

Digital Archive serves as a centralized repository, encompassing of materials related to Dance Movement Therapy,

Kolkata Sanved and its evolutionary trajectory. The archive pursues several key objectives:

- **Consolidation:** The primary aim is to amass all documents, papers, books, and media files pertaining to Dance Movement Therapy within a single location.
- **Comprehensive Representation:** This includes the comprehensive collection of Kolkata Sanved's materials, encompassing documents, books, papers and media files, while also chronicling its journey from inception.
- **Universal Access:** The overarching

goal is to ensure the accessibility of all these materials to a wide audience.

■ **Preventing Misplacement:** By preserving and documenting these resources digitally, the risk of misplacement or loss is effectively mitigated.

Up to this point, the initiative has been taken to aggregate all documents associated with Dance Movement Therapy (DMT) and Kolkata Sanved. This includes the collection and central storage of photographs, reports, videos and other pertinent materials in a singular space.

Capacity Building Trainings

Peace Circle - During the month of February 2023 (17th – 20th), all members of Kolkata Sanved underwent a capacity building program named 'Peace Circle' at Asia Plateau, Initiatives of Change centre at Panchgani, Maharashtra.

The aim of the program was to guide the participants in experiencing inner peace and explore the practice of inner listening, recognizing one's role in building and destroying peace as well as the power of forgiveness. As many of the team members have experienced abuse, violence in their lives, this nature of inner work in a serene and beautiful

environment of Asia Plateau will add on to healing process of the participants and their approach to work with their constituencies.

Cultural Development - During this fiscal year (1st – 3rd April 2022), the staff had the opportunity to attend a training on nurturing and understanding the connection between culture and art at Shantiniketan, the land associated with Rabindranath Tagore. The team rejuvenated themselves in the serene and green surroundings.

Other customized group trainings which were organized for the team

members are as follows:

- Advance level training on Dance Movement Therapy
- Training on KS SRHR module
- Training on STIs & Contraception
- Training on Navigating Relationships
- Personal Growth & Group Reflective sessions
- Building Leadership - Understanding Admin & Financial Systems
- Reviewing Safeguarding policy of the organization

Workshops & Performances

Kolkata Sanved was extended an invitation to lead a workshop for women workers during the Global Alliance against Trafficking in Women (GAATW) workshop held from 4th-8th July 2022 in Bangkok. In this session, the approach of Dance Movement Therapy (DMT) was employed to establish an

inclusive, unbiased and open environment, fostering free & collaborative workspace.

In honour of World Handloom Day (August 7th 2022), Sabita Debnath, the Founder Member of Kolkata Sanved and senior DMT practitioner Jhuma Das came together to

express gratitude and recognize the efforts of India's women weavers. Through a dance performance, they celebrated the journey, struggles, and accomplishments of these artisans. The event was coordinated by SEWA (Self Employed Women's Association) Bharat.

ADMIN & FINANCE

Kolkata Sanved Partners

1. Action Beyond Help and Support, Delhi
2. Ahaan Foundation, Jharkhand
3. American Center, Kolkata
4. Amplo Global
5. Antaranga Society For Social And Economic Development, Birbhum
6. Arthshila
7. Arizona University
8. Bhiwandi Home for Boys, Thane
9. Bhiwandi Home for Girls, Thane
10. Centre for Lifelong Learning, School of Social Work, Tata Institute of Social Sciences
11. Children's Home for Girls, Nadia
12. Chintan Environment Research and Action Group, Delhi
13. Creative Movement Therapy Association of India
14. Department of Women and Child Development, Government of West Bengal
15. De-Montfort University, UK
16. Directorate of Child Rights and Trafficking, West Bengal
17. Faith Foundation, Shillong
18. Global Alliance against Traffick in Women
19. Gramin Shiksha Kendre, Rajasthan
20. Hope Kolkata Foundation, Kolkata
21. Initiatives of Change, Panchgani
22. Institute of Psychological and Educational Research
23. Jeevika Development Society
24. Jilha Pariviksha Ani Anurakshan Sanghata Sanchlit Mulanche Bal Gruha, Jalgaon
25. Kajla Janakalyan Samiti
26. Karm Marg, Faridabad
27. Kshamata, Thane
28. Nari O Sishu Kalyan Kendra, Howrah
29. Nirmala Niketan College of Social Work, Mumbai
30. One Billion Rising, India
31. Pankaj Acharya Mahila Nibas, Nadia
32. Partners For Urban Knowledge Action and Research, Mumbai
33. Saishali Sishu Kanya Abash, Malda
34. Samikshani
35. Sancheti Health Care Academy, Pune
36. Sewa Bharat
37. Sickline, Kolkata
38. Stella Maris College, Chennai
39. Suchana, Birbhum
40. Sunderban Social Development Centre (SSDC), South 24 Parganas
41. Suprava Panchashila Mahila Uddyog Samity, Murshidabad
42. Swayam
43. Tata Institute of Social Sciences, Mumbai
44. Vital Voices
45. West Bengal Commission for Protection of Child Rights
46. World Dance Alliance, Asia Pacific









Kolkata Sanved Support Community

- | | | |
|-------------------------------|---|---|
| 1. AzimPremji Foundation(APF) | 7. Human Capability Foundation | 12. We Trust |
| 2. AWO International | 8. Mariwala Health Initiative | 13. World First for Training and Research Global Education Trust (TARGET) |
| 3. Blossomy Project | 9. Trisys | 14. West Bengal Commission for Protection of Child Rights Individual |
| 4. CAF America | 10. Vipodha Wellness Foundation | |
| 5. Empower | 11. Vital Voices Global Partnership Inc | |
| 6. Empowerment Institute | | |

Kolkata Sanved Individual Supporters

- | | | |
|---------------------------|--------------------------|-----------------------------|
| 1. Aditi Sen | 17. Indrani Rudra | 33. Rakhi Gupta |
| 2. Aditya Sarkar | 18. J. P. Nath | 34. Rama Banerjee |
| 3. Alope Kumar Majhi | 19. Jyostna Maya Das | 35. Ranjana Dutta |
| 4. Anuradha Mukherjee | 20. Kakali Roy Ghatak | 36. Sabitri |
| 5. Archana Dutta | 21. Kakon Majumdar | 37. Sandip Kantha Mukherjee |
| 6. Anand Vasudevan | 22. Kaveri Sarkar | 38. Sarmita Dey |
| 7. Anupam Chatterjee | 23. Leena Godiwala Dubey | 39. Sejal Bhatt |
| 8. Arindam Banerjee | 24. Madhura Chakraborty | 40. Shantanu Chakraborty |
| 9. Arnab Ghosh | 25. Madhurima Roy | 41. Shardul Sudhir Kerkar |
| 10. Bhavisha Dedia | 26. Meenakshi Ghosh | 42. Shoubhik Datta |
| 11. Chandana Banerjee | 27. Nabanita Lahiri | 43. Shriya Kundu |
| 12. Chumki Sharma | 28. Nandita Bhattacharya | 44. Soma |
| 13. Deepa Ramoji | 29. Neeta Thanka | 45. Sonakshi Mitra |
| 14. Garima Bharucha | 30. Nimesh Shah | 46. Sudhindra Nath Banerjee |
| 15. Goodricke Group. Ltd. | 31. Poulomi Pal | 47. Syed Tanvir Habib |
| 16. Imran Bilgrami | 32. Rajratan Sen | 48. Tejash Datta |



Kolkata Sanved Governing Body

- | | |
|---------------------------|--------------------|
| 1. Bhaswati Ghosh | - President |
| 2. Dr. Sohini Chakraborty | - Secretary |
| 3. Anuradha Mukherjee | - Treasurer |
| 4. Dr. Urmimala Sarkar | - Executive Member |
| 5. Sreeja Debnath | - Executive Member |
| 6. Sohini Bhattacharya | - Executive Member |
| 7. Dr. Bipasha Roy | - Executive Member |

Team Members

- | | |
|--------------------------|-------------------------|
| 1. Anwari Begum | 15. Sabia Mufti |
| 2. Bithika Roy | 16. Sabita Debnath |
| 3. Dipali Das | 17. Samita Bhattacharya |
| 4. Durga Madhar | 18. Sandhya Bairagi |
| 5. Jharna Naskar | 19. Sandhya Karmakar |
| 6. Jhulan Mondal | 20. Sobha Pahari |
| 7. Jhuma Das | 21. Sohini Chakraborty |
| 8. Mehraj Khatun | 22. Sreeja Debnath |
| 9. Moumita Bhattacharjee | 23. Subhojit Das |
| 10. Namrata Kanuga | 24. Sukanya Paramanik |
| 11. Prarthana Banerjee | 25. Suktara Khatun |
| 12. Rajyashree Dutta | 26. Swapan Sardar |
| 13. Rashi Bothra | 27. Tilottoma Chowdhury |
| 14. Rhea Kaikobad | 28. Tripti Mukherjee |



Consultants

- | | |
|--------------------------|----------------------|
| 1. Aloke Majhi | 12. Goutam Basu |
| 2. Dr. Ishita Mazumdar | 13. Jayanti Halder |
| 3. Krupa Parin Doshi | 14. Nandalal Jha |
| 4. Alisha Pinto | 15. Poulomi Pal |
| 5. Keisha Lobo Rodrigues | 16. Rashmi Datta |
| 6. Saesha Pillai | 17. Rita Pramanik |
| 7. Shubham Srivastav | 18. Rumela Mukherjee |
| 8. Sumit Kumar | 19. Sayantani Bagchi |
| 9. Snehal Gaikowar | 20. Sima Mal |
| 10. Hasina | 21. Sultana Khatun |
| 11. Dynamic Consultants | 22. Taposhi Naskar |

Faculty

- | | |
|--------------------------------|------------------------------|
| 1. Aeshna Seal | 9. Maya Sen |
| 2. Angira Chakraborty Dasgupta | 10. Mayuree Pandit |
| 3. Bhavisha Dedhia | 11. Prof. Dr. Lata Narayan |
| 4. Dr. Aditi Bandhopadhyay | 12. Proiti Roy |
| 5. Dr. Arna Seal | 13. Renelle Andrea Snelleskz |
| 6. Dr. Urmimala Sarkar | 14. Shalaka Sisodia |
| 7. Dr. Sabiha Vasi | 15. Suman Mukherjee |
| 8. Martina Piff | 16. Zankhana Joshi |

Volunteers / Interns

- | | | | |
|---------------------|---------------------------------|---------------------|-------------------|
| 1. Aaryan | 6. Heer Dedhia | 10. Mamta Kalambe | 15. Rhea Ghosh |
| 2. Abhishek | 7. Jitender | 11. Mayur Jain | 16. Sanika Ekbote |
| 3. Akanksha Bhagia | 8. Kozhymadassary Georit George | 12. Praveen | 17. Sarika Gulati |
| 4. Deepchand | 9. Malavika Goyal | 13. Purva Deshpande | 18. Updesh |
| 5. Dr. Sunita Patel | | 14. Rekha | |



**“ I feel like I am moving from isolation
to community with inner strength
and collective energy.”**

– Kolkata Sanved programme Participant

Auditors' Report

We report that we have examined the Balance Sheet of **KOLKATA SANVED**, (LOCAL & FOREIGN CONTRIBUTION) Registered office at 100/76, Jessore Road, Bhagabati Park, DumDum, Kolkata-700074, and City & Correspondence Office: at Poulami Apartment, Flat -2C, 23-B, JATIN BAGCHI ROAD; KOLKATA - 700 029, as at 31st. March, 2023 and the Income & Expenditure Account and the Receipts & Payments Account for the year ended as on that date, all annexed hereto. These financial statements are the responsibility of the management of the Society. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with the auditing standards generally accepted in India. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining on a test basis, evidence supporting the amounts and disclosure in the financial statements. An audit also include assuring the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

In our opinion, proper books of account have been kept by the Society so far as appears from our examination of those books. The Balance Sheet, the Income & Expenditure Account and the Receipts & Payments

Account dealt with by this report are in agreement with the Books of Account.

We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purpose of audit.

In our opinion and to the best of our information and explanations given to us, the said accounts give a true and fair view :

- a. in the case of the Balance Sheet of the state of affairs of the above named Institution of their Local & Foreign Contribution Account as at 31st. March, 2023; and
- b. in the case of the Income & Expenditure Account, of the excess of Expenditure over Income for their Local Contribution Account and excess of Income over Expenditure for their Foreign Contribution Account for the year ended as on that date.

For GAUTAM BASU & CO.

Chartered Accountants

FIRM REGISTRATION No. : 313010E

(GAUTAM BASU)

Partner

Membership No. 050924

Date : 21st September, 2023 UDIN: 23050924BGRYSS6036

Income & Expenditure Account for the year ended as at 31st March, 2023

(LOCAL & FOREIGN CONTRIBUTION)

	(FC)	(Local)	Consolidated
	Amount (Rs.)	Amount (Rs.)	Amount (Rs.)
EXPENDITURE			
To Dalyan Foundation			27700.00
Over Head Cost	27700.00		
Programme Cost			
" Human Capability Foundation			2400470.00
Program support cost	494026.00		
Regular Dance Movement Therapy Classes	1902198.00		
Administrative Expenses	4246.00		
" We Trust			2333217.00
Admin cost	348113.00		
Programme Cost	160406.00		
Programme Staff Salary	1824698.00		
" Paul Harnlyn Foundation			64079.00
Admin Cost	64079.00		
" Azim Premji Philantropic Initiatives (APPI)			4119699.00
1. Salary and Benefit		1591473.00	
2. Office Administration cost		256479.00	
3. Travel and Related Exp.		102035.00	
4. Audit, Evaluation and Learning		1011570.00	
5. Programme related Exp		1158142.00	
" EMPOWERMENT			113660.00
Administrative cost	1372.00		
Programme Cost	112288.00		
" World First For Training & Research Global Education Trust,			1001251.00
Admin Cost	123.00		
Programme Cost	1001128.00		

	(FC)	(Local)	Consolidated
	Amount (Rs.)	Amount (Rs.)	Amount (Rs.)
INCOME			
By Grant Account			
Received During the year	16368626.99	2851800.00	
Add : Grant receivable for 2022-23	0.00	249627.00	
Add : Grant received in 2021-22 for 2022-23	6633601.31	3369939.00	
	23002228.30	6471366.00	
Less : Grant receivable for 2021-22	0.00	45952.00	
Less : Grant received in 2022-23 for 2023-24	9053177.00	712041.00	19662424.30
	13949051.30	5713373.00	
" Interest Received			
Interest from FD/SB Bank A/C.	513712.00	224513.00	738225.00
" Donation	0.00	562659.00	562659.00
" Program & Staff Dev. Fund availed for utilisation	2447928.00		2447928.00
" Other Project Receipt	0.00	1354823.00	1354823.00

Receipts and Payments Account for the year ended as at 31st March, 2023

(LOCAL & FOREIGN CONTRIBUTION)

	(FC)	(Local)	Consolidated
	Amount (Rs.)	Amount (Rs.)	Amount (Rs.)
RECEIPTS			
OPENING BALANCES :			
Cash in Hand (F.C)	41077.52	0.00	41077.52
Cash in Hand(LC-448)		16864.00	16864.00
Cash (LC-848)		85.29	85.29
State Bank of India (40070280305)	17592.00	0.00	17592.00
Indian Bank (A/c No. 779068967)	7892586.60	0.00	7892586.60
Indian Bank (A/c No.6860471932)	876820.31	0.00	876820.31
Indian Bank (A/c No. 448762506)	0.00	1396271.09	1396271.09
Indian Bank (A/c No.6795777330)	0.00	3520299.22	3520299.22
Indian Bank (A/c No.848043654)	0.00	1752534.55	1752534.55
Grant Account :			
Grant Received From Human Capability Foundation	4188523.00		4188523.00
Grant Received for Charity Aid Foundation	3991500.00		3991500.00
Grant Received From WE TRUST	2117505.00		2117505.00
Grant Received From Empowerment	113664.00		113664.00
Grant Received From Blossmy	372096.50		372096.50
Grant Received from Empower	3263967.00		3263967.00
Grant received from AWO International for SFF project	2321371.49		2321371.49
Grant received from WBCPCR		254048.00	254048.00
Grant from VIPODA WELLNESS FOUNDATION		90000.00	90000.00
Grant from Mariwala Heath Foundation		1000000.00	1000000.00
Grant received from Azim Premji Philantropic Initiatives (APPI)		1461800.00	1461800.00
Interest Received			
Interest from FD/SB Bank A/C.	513712.00	224513.00	738225.00
c/d	25710415.42	9716415.15	35426830.57

	(FC)	(Local)	Consolidated
	Amount (Rs.)	Amount (Rs.)	Amount (Rs.)
PAYMENTS			
Dalyan Foundation			27700.00
Over Head Cost	27700.00		
Programme Cost			
Human Capability Foundation			2400470.00
Program support cost	494026.00		
Regular Dance Movement Therapy Classes	1902198.00		
Administrative Expenses	4246.00		
We Trust			2333217.00
Admin cost	348113.00		
Programme Cost	160406.00		
Programme Staff Salary	1824698.00		
Paul Hamlyn Foundation			64079.00
Admin Cost	64079.00		
Azim Premji Philantropic Initiatives(APPI)			4119699.00
1.Salary and Benefit		1591473.00	
2. Office Administration cost		256479.00	
3. Travel and Related Exp.		102035.00	
4. Audit,Evaluation and Learning		1011570.00	
5. Programme related Exp		1158142.00	
EMPOWERMENT			113660.00
Administrative cost	1372.00		
Programme Cost	112288.00		
World First For Training & Reasearch Global Education Trust,			1001251.00
Admin Cost	123.00		
Programme Cost	1001128.00		
c/d	5940377.00	4119699.00	10060076.00

Annexure - A
Schedule of Fixed Assets as on at 31st March, 2023
(FOREIGN CONTRIBUTION)

Amount (Rs.)

Particulars	W.D.V. as on 01.04.2022 (FC)	Addition during the year with in 30.09.2022 (FC)	Addition during the year after 30.09.2022 (FC)	TOTAL (Consolidated)	Rate of Dep.	Depreciation during the year (FC)	W.D.V. as on 31.03.2023 (FC)
Furniture & Fixtture	21946.75	12000.00		33946.75	10.00	3394.75	30552.00
Office Equipment	29625.00			29625.00	15.00	4444.00	25181.00
Computer	110470.00	68000.00		178470.00	40.00	71388.00	107082.00
Bed & Beddings	1112.00			1112.00	10.00	111.00	1001.00
Utensils	398.00			398.00	10.00	40.00	358.00
Projector with Screen	97768.00			97768.00	15.00	14665.00	83103.00
Motor Vehicle	184252.00			184252.00	15.00	27638.00	156614.00
Webcamp	32952.00			32952.00	15.00	4943.00	28009.00
TOTAL- F.C	478523.75	80000.00	0.00	558523.75		126623.75	431900.00

Schedule of Fixed Assets as on at 31st March, 2023
(LOCAL CONTRIBUTION)

Amount (Rs.)

Particulars	W.D.V. as on 01.04.2022 (Local)	Addition during the year with in 30.09.2022 (Local)	Addition during the year after 30.09.2022 (Local)	TOTAL (Consolidated)	Rate of Dep.	Depreciation during the year (Local)	W.D.V. as on 31.03.2023 (Local)
Furniture & Fixtture	45,932.82	3,800.00	-	49,732.82	10.00	4,972.82	44,760.00
Office Equipment	51,415.88	9,600.00		61,015.88	15.00	9,153.88	51,862.00
Computer	28,406.44	68,000.00		96,406.44	40.00	38,563.44	57,843.00
Bed & Beddings	524.01	-	-	524.01	10.00	52.01	472.00
Utensils	374.15	-	-	374.15	10.00	37.15	337.00
Refrigerator	2,111.89	-	-	2,111.89	15.00	316.89	1,795.00
TOTAL- L.C	128765.19	81400.00	0.00	210165.19		53096.19	157069.00
TOTAL- F.C. + L.C	607288.94	161400.00	0.00	768688.94	0.00	179719.94	588969.00

Annexure - B Statement of Grant Account for the year ended as at 31st March, 2023

FOREIGN GRANT :

Amount (Rs.)

Sl. No	Name of Donors	Grant receivable as on 01.04.2022	Grant Received in Advance as on 01.04.2022	Grant Received during the year (2022-2023)	Capital Grant Received during the year	Grant Refund During the year (2022-2023)	Grant received in advance as on 31.03.2023	Net Grant for the year 2022-2023
1	Grant Received From Paul Hamlyn Foundation		65458.00				0.00	65458.00
2	Grant Received From Human Capability Foundation		743312.00	4188523.00			2519365.00	2412470.00
3	Grant Received From World First For Training & Reasearch Global Education Trust,		1027808.00					1027808.00
4	Grant Received From Vital voices Global Partnership Inc.		506153.00					506153.00
5	Grant Received From WE TRUST		920612.00	2117505.00			729150.00	2308967.00
6	Grant Received From Dalyan Foundation		27736.00					27736.00
7	Grant Received From Blossmy		45058.00	372096.50			101139.00	316015.50
8	Grant Received for Emergency Blossmy		70500.00					70500.00
9	Grant Received from Empowerment			113664.00				113664.00
10	Grant Received for Charity Aid Foundation			3991500.00			2676507.00	1314993.00
11	Grant Received from Empower		2344143.00	3263967.00			3027016.00	2581094.00
12	Grant received from AWO International for SFF project		882821.31	2321371.49				3204192.80
		0.00	6633601.31	16368626.99	0.00	0.00	9053177.00	13949051.30

Annexure - B Statement of Grant Account for the year ended as at 31st March, 2023

LOCAL GRANT :

Amount (Rs.)

Sl. No	Name of Donors	Grant receivable as on 01.04.2022	Grant Received in Advance as on 01.04.2022	Grant Received during the year (2022-2023)	Capital Grant Received during the year	Grant Refund During the year (2022-2023)	Grant received in advance as on 31.03.2023	Net Grant for the year 2022-2023
1	Grant for Reaseach Project from West Bengal Commission for Protection for Child Rights (WBCPCR)	45952.00	0.00	300000.00	249627.00		0.00	503675.00
2	Grant Received from Azim Premji Philantropic Initiatives (APPI)		3369939.00	1461800.00			712041.00	4119698.00
3	Grant Received from Mariwala Heath Foundation			1000000.00				1000000.00
4	Grant Received from VIPODA WELLNESS FOUNDATION			90000.00				90000.00
		45952.00	3369939.00	2851800.00	249627.00	0.00	712041.00	5713373.00
	GRAND TOTAL (FC + LC)	45952.00	10003540.31	19220426.99	249627.00	0.00	9765218.00	19662424.30



Flat 2C, Poulomi Apartment, 23B, Jatin Bagchi Road,
Kolkata - 700029. Phone number: 91 33 2423 6119
Registration number: SO121508